

Comparison of Competitive Food Standards

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	<u>California Department of Education</u>	<u>USDA Proposed Rule</u>	<u>Institute of Medicine</u>	<u>Alliance for Healthier Generation</u>	<u>USDA HealthierUS Schools Challenge</u>	<u>School Nutrition Association</u>
GENERAL	Standards apply to all schools EXCEPT charter and private schools.	Standards apply to all schools participating in NSLP/SBP.	Standards implied to apply to all schools.	Standards implied to apply to all schools.	Standards apply to schools meeting specific criteria.	Standards implied to apply to all schools.
FOODS						
Elementary	The ONLY items that can be sold in elementary school are: 1. Items exempted from all standards (<i>nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, non-fried veggies, or legumes</i>); 2. “Full Meal” (defined as foods that meet the USDA meal pattern); 3. Dairy or whole grain food that meets: <ul style="list-style-type: none"> • 35% or less calories from fat, • 10% or less calories from saturated fat, • 35% or less sugar by weight, • 175 calories or less by package/container 	Foods must: 1. Meet standards for calories, fat, trans fat, saturated fat, sugar, and sodium. Foods must also: 2. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient or be one of the non-grain main food groups: a fruit, vegetable, dairy product, protein food, OR 3. Contain 10% of the Daily Value (DV) of naturally occurring calcium, potassium, vitamin D or dietary fiber, OR 4. Be a combination food that contains at least ¼ cup of fruit or vegetable.	Food must: 1. Be a fruit, vegetable, whole grain, nonfat or low fat dairy product; 2. Combination food containing at least one serving of fruit, vegetables, or whole grain product.	Snacks must contain at least two of the following: 1. 2 g fiber; 2. 5 g protein; 3. 10% daily value of Vitamin A, C, E, folate, calcium, magnesium or iron; or, 4. ¼ cup fruits or vegetables.	Not addressed.	Foods must: Be a fruit, vegetable, whole grain, related combination foods, low fat/nonfat dairy foods.
Middle/High	A snack must meet: 1. 35% or less calories from fat, 2. 10% or less calories from saturated fat, 3. 35% or less sugar by weight, 4. 250 calories or less by package/container.					
Timing	Standards apply from beginning of school day to one-half hour after school.	Standards apply from midnight to one-half hour after school.	Standards apply during school day.	Not addressed.	<u>Bronze/Silver:</u> Standards apply in food service area during a meal time. <u>Gold:</u> During the school day throughout campus.	Not addressed.

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Entrée	Generally regarded as the primary food in a meal and contains: 1. Two or more of the following groups: meat/meat alternate, grain/bread, vegetable/fruit that are eaten together, or 2. A meat/meat alternate alone (<i>excluding nuts, nut butters, seeds, cheese, and yogurt</i>).	Must contain: 1. A meat/meat alternate and whole grain-rich bread; 2. A vegetable or fruit and meat/meat alternate; or 3. A meat/meat alternate alone (<i>excluding yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters</i>). Alt A1: NSLP/SBP entrees (and side dishes) sold a la carte exempt from all standards except the fat and sugar standards; or Alt A2: NSLP/SBP entrees (and side dishes), except grain based dessert products, sold a la carte exempt from all standards.	A la carte entrée item (<i>must be a NSLP menu item and meet fat, sugar, sodium requirement</i>).	Not addressed.	Not addressed.	Not addressed.
Calories (<i>per package, or container</i>)	Elementary: 175 calories or less for dairy or whole grain food. Middle/High: 250 calories or less for snack; 400 calories or less for entrée.	200 calories or less for non-NSLP/SBP snacks ≤350 calories for non-NSLP/SBP entrées (<i>including any added accompaniments</i>).	200 calories or less.	Elementary: 150 calories. Middle: 180 calories. High: 200 calories.	200 calories or less.	200 calories or less.
Fat	≤35% of total calories (<i>excludes nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, non-fried veggies, or legumes</i>).	≤35% of total calories (<i>excludes nuts, seeds, nut butters and reduced fat cheese</i>).	≤35% of total calories.	≤35% of total calories (<i>excludes nuts, seeds, nut butters and trail mix</i>)	≤35% of total calories (<i>excludes nuts, seeds, nut butters and reduced fat cheese</i>).	≤35% of total calories (<i>excludes nuts, seeds and cheese</i>).
Trans Fat	Zero grams <i>artificial</i> trans fat.	Zero trans fat.	Zero trans fat.	Zero trans fat.	Zero trans fat.	Zero trans fat.

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Saturated Fat	≤10% of total calories (<i>excludes eggs or cheese packaged for individual sale</i>).	<10% of total calories.	<10% of total calories.	≤10% of total calories (<i>excludes nuts, seeds, nut butters and trail mix</i>).	<10% of total calories (<i>excludes reduced fat cheese</i>).	≤10% of total calories (<i>excludes nuts, seeds and cheese</i>).
Sugar	≤35% of sugar by weight (<i>excludes fruit, non-fried vegetables</i>).	Alt 1: ≤35% calories from total sugars. Alt 2: ≤ 35% of sugar by weight (<i>excludes fresh, frozen, canned & dried fruits/vegetables with no added sugars except fruits packed in 100% juice or extra light syrup; and yogurt with less than 30 grams of total sugars per 8 oz.</i>).	≤35% calories from total sugars (<i>excludes yogurt with less than 30 grams of total sugars per 8 oz., fruits and vegetables without added sugar</i>).	≤35% of sugar by weight.	≤35% of sugar by weight (<i>excludes fruit, vegetables and milk</i>).	≤35% calories from total sugars.
Sodium (<i>per package, or container</i>)	Not addressed.	≤200 mg for non-NSLP/SBP snack items ≤480 mg for non-NSLP/SBP entrées.	≤200mg ≤480mg for a la carte entrées.	≤230 mg ≤480mg for soups, dairy and a la carte entrées.	≤480mg (side dish). ≤600mg (entrée).	≤230mg A la carte entrées must meet federal meal program guidelines.
Combination Foods	Foods containing only exempted items are exempt from the standards. Foods that contain exempted and non-exempted foods must meet standards. Individually packaged foods meant to be sold together must meet the standards as one food item.	A combination food must contain at least ¼ cup of fruit or vegetable. Condiments and other accompaniments must be included as part of the nutrient profile of the foods they complement.	A combination food must contain at least one serving of fruit, vegetables, or whole grain product.	Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.	Not addressed.	Details not addressed.

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Dried, Canned, Frozen Fruit and Vegetables	<p>Dried fruit containing added sugar is exempt only if the added sugar is part of the dehydration process or added as dextrose to prevent caking and maintain flowability.</p> <p>Fruit that is canned or frozen is exempt only if it contains no added sugar other than 100 percent fruit juice.</p>	<p>Fresh, frozen and canned fruits and vegetables with no added ingredients except water or, fruit, packed in 100 percent juice or extra light syrup, are exempt from all the nutrient standards.</p>	Not addressed.	<p>Dried fruit with no added sugar (<i>exempt from sugar standard, must have zero grams fat and saturated fat</i>).</p>	<p>Dried fruit must not contain added sweeteners.</p> <p>Canned fruit must be packed in juice or light syrup.</p>	Not addressed.
Whole Grains	<p>Purchased grain products:</p> <ol style="list-style-type: none"> 1. A product that contains the following statement: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduce the risk of heart disease and certain cancers", or 2. The first listed grain ingredient is a whole grain, or 3. If the first listed ingredient is not specifically identified as a whole grain, documentation has been obtained within the previous 12 months from the manufacturer that lists whole grains, which, when combined, shall represent at least 51 percent of the weight of the total grains in the product. <p>Prepared grain products:</p> <ol style="list-style-type: none"> 1. The weight of the whole grains shall represent at least 51 percent of the total grain weight of the product. 	<p>Grain products must:</p> <ol style="list-style-type: none"> 1. Include 50 percent or more whole grains by weight, or 2. Have whole grain as the first ingredient. 	Grain product must contain at least one serving of whole grain.	Not addressed.	Not addressed.	Details not addressed.

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BEVERAGES						
Timing	Standards apply from ½ hour before to ½ hour after the school day (elementary standards apply “regardless of time of day”).	Standards apply from midnight to one-half hour after school.	Standards apply during school day.	Standards apply during the regular and extended school day when events (e.g., clubs, yearbook, band, choir, student government, drama, and childcare / latchkey programs) are primarily under the control of the school or third parties on behalf of the school. Standards do not apply to school-related events where parents and other adults are a significant part of an audience and are selling beverages during intermission, or immediately before or after such school-related events (e.g., interscholastic sporting events, school plays, and band concerts).	<u>Bronze/Silver:</u> Standards apply in food service area only during meal time. <u>Gold:</u> During the school day throughout campus.	Not addressed.
Caffeine						
Elementary	Not allowed in the form of coffee or tea.	Not allowed.	Not allowed.	Not addressed.	Not allowed.	Not allowed.
Middle	Not allowed in the form of coffee, tea, or electrolyte replacement beverages.					
High						

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Juice						
Elementary	≥50% fruit or vegetable juice, with no added sweeteners. No serving size limit.	100% fruit and vegetable juices only. 8 oz. portion.	100% juice only 4 oz. portion.	100% juice only 120 calories per 8 oz.	100% fruit and vegetable juice only. 6 oz. portion.	100% juice only. 10 oz. portion.
Middle		100% fruit and vegetable juices only. 12 oz. portion.		100% juice only 150 calories per 10 oz.		100% juice or juice/water blend with carbonation. 12 oz. portion.
High		100 % fruit and vegetable juices only 12 oz. portion.	100% juice only 8 oz. portion.	100% juice only 180 calories per 12 oz.	100% fruit and vegetable juices only. 8 oz. portion.	
Milk (includes lactose-free and soy/non-dairy milks)						
Elementary	Milk: 2%, 1%, nonfat (flavored or unflavored); at least 25% of DV for calcium; Vitamins A and D added; no more than 28 grams total sugar per 8 fl. oz.	1% milk (unflavored) Non-fat milk (flavored or unflavored). 8 oz. portion.	1% milk and non-fat milk only. 8 oz. portion. Flavored milk with ≤22 g of sugar per 8 fl. oz. portion. Soy beverages allowed.	1% milk and non-fat milk only (flavored or non-flavored). 150 calories per 8 fl. oz.	1% milk and non-fat milk (flavored or non-flavored) and USDA-approved alternative dairy beverages. 8 fl. oz. portion.	1% milk and non-fat milk only (flavored or non-flavored). 170 calories per 8 fl. oz. 8 fl. oz. portion. Soy beverages allowed.
Middle	Non-dairy milk: at least 25% of DV for calcium; Vitamins A and D added; no more than 28 grams total sugar per 8 fl. oz., no more than 5 g fat per 8 fl. oz.	1% milk (unflavored) Non-fat milk (flavored or unflavored). 12 oz. portion.		1% milk and non-fat milk only (flavored or non-flavored). 188 calories per 10 oz.		1% milk and non-fat milk only (flavored or non-flavored). 255 calories per 12 oz. Soy beverages allowed.
High				1% milk and non-fat milk only (flavored or non-flavored). 225 calories per 12 oz.		
Water						
Elementary	Drinking water with no added sweeteners.	Water without additives, no size limit.	Water must not contain flavoring, additives or carbonation.	Water must not contain added sugars, artificial sweeteners or sodium.	Water must not contain sweeteners, carbonation or caffeine.	Water must not contain flavoring, additives, carbonation or added sugar.
Middle						

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High		Water without additives, no size limit Calorie-free, flavored and/or unflavored, caffeinated or non-caffeinated carbonated water allowed, up to 20 oz., but <u>not</u> during meals.		No requirements.		
Electrolyte Replacement, No/Low Calorie, & Alternate Calorie Beverages						
Elementary	Not allowed.	Not allowed.	Sports drinks ONLY allowed for student athletes participating in vigorous activity for more than 1 hour.	Not allowed.	Not allowed.	Not allowed.
Middle						
High	Electrolyte replacement beverage may be sold: water must be first ingredient, no more than 2.1 g added sweetener per 1 fl. oz., 10-150 mg Na ⁺ per 8 fl. oz., 10-90 mg K ⁺ per 8 fl. oz., no added caffeine.	Calorie-free caffeinated or non-caffeinated beverages with >5 calories per serving are also allowed, up to 20 oz., <u>not</u> during meals. Alt 1: Allowed, ≤ 40 calories per 8 oz., up to 12 oz. portion, <u>not</u> during meals. Alt 2: Allowed, ≤ 50 calories per 8 oz., up to 12 oz. portion, <u>not</u> during meals.		Allowed, up to 99 calories per 12 oz. serving.		Allowed, must be non-caffeinated and non-fortified with less than 5 calories per portion; up to 20 fl. oz. portion size.

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FUNDRAISERS						
	<p>Foods: Standards apply. Non-compliant foods can be sold from ½ hour after the end of the school day (elementary: only students can sell non-compliant items).</p> <p>Beverages: Standards apply. Non-compliant items can be sold from ½ hour after the end of the school day (non-compliant items can be sold at a school-sponsored event that takes place after school but before ½ hour after school).</p>	<p>Standards apply to non-exempted fundraising activities during the school day. <i>(Limited number of exemptions to be determined by state:</i> Alt 1: <i>State agencies determine number of exempt fundraisers that may be held during the year.</i> Alt 2: <i>State agencies determine number of exempt fundraisers that may be held during the year subject to USDA approval).</i></p>	Standards apply to fundraising activities during the school day.	Standards apply to fundraisers, except when parents/adults are a significant part of the audience.	Standards apply to fundraising activities during the school day.	Not addressed.
STUDENT ORGANIZATIONS						
Elementary	Only four sales per year per school, Only after the last lunch period, only one item, cannot prepare items on school campus, cannot be same item as sold by Food Service Dept. that day at that school.	Standards apply to student organization sales during the school day.	Standards apply to student organization sales during the school day.	Standards apply to student organization sales during the school day.	Standards apply to student organization sales during the school day.	Not addressed.
Middle/High	Only one student organization can sell per day, multiple organizations can sell on four designated days per year, no more than three categories of food, cannot prepare items on school campus, cannot be same item as sold by Food Service Dept. that day at that school.	Standards apply to student organization sales during the school day.	Standards apply to student organization sales during the school day.	Standards apply to student organization sales during the school day.	Standards apply to student organization sales during the school day.	Not addressed.